

FITNESS

KidsWalk-to-School

Remember when children walked and rode bikes everywhere – to school, their friends' houses, the park or the store – and parents seldom feared for their safety? Unfortunately, young people today are not as free to walk and play outdoors because many of our communities have been designed to be convenient for cars, not for children.

Today, only about one out of every ten trips to school are made by walking and bicycling. Of school trips, one mile or less, walking, within two miles of school makes a low 31%; bicycling makes just 2%. Sadly, this deprives neighborhoods of the activity and laughter of children walking and bicycling to and from school together. Kids today do not have as many opportunities to be physically active as they once did.

Is there a solution?

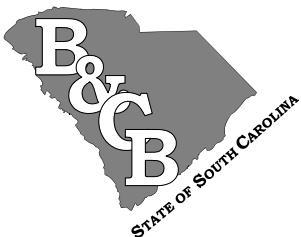
Yes! KidsWalk-to-School is a program that aims to get children to walk and bicycle to and from school in groups accompanied by adults. This gives kids a chance to be more physically active, to practice safe pedestrian skills and to learn more about their environment.

Is KidsWalk-to-School just for children?

No. Participating in KidsWalk-to-School is good for the whole neighborhood, not just for children. Here are some of the benefits you may not have thought of:

- Children and adults in the neighborhood get more physical activity.
- Fewer people driving means less traffic in and around home and schools.
- Crimes are less likely to happen when more people are outside keeping an eye on their neighborhood.
- Neighbors have more chances to get to know each other become friends.

For more information concerning KidsWalk-to-School or to order a packet visit www.cdc.gov/nccdphp/dnpa.kidswalk.htm or to order via e-mail the address is ccdinfo@cdc.gov. Single copies can be ordered by calling 1-888-CDC-4NRG.



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